

# KARATE/SELF-DEFENSE

CONCENTRATION / PERSEVERANCE / HUMILITY



## MARTIAL ARTS

Learn to defend yourself and find the balance between your body, your mind, and your spirit.

Discover what you are capable to achieve!



**New Schedule:** Mondays and Wednesdays

Adults / Teenagers

7:30-9:00pm

Note: We closed our kids class until further notice.

### Monthly Fee

\$50 (8 lessons)

**First Class FREE!**

### New Location

M. Luther King South Room

140 E. 12th St. National City, CA

For any further questions write us at

[martialarts@gtcconsult.com](mailto:martialarts@gtcconsult.com)



Increase your speed, strength, concentration, balance, self-control, responsibility, and discipline.

**FOR MORE INFORMATION VISIT:**

[www.karatepath.com](http://www.karatepath.com)



Sensei Torres / Sensei Lopez    Bilingual English / Spanish  
Over fifteen years of experience teaching martial arts  
Certified by FEMEKA, affiliated to the WKF, and Seishinkai (ISKU).